



North African Chickpea & Tomato Stew

with Currant Couscous & Mint Yoghurt

Grab your Meal Kit with this symbol



Garlic



Courgette



Baby Spinach Leaves



Carrot



Chickpeas



Mint



Flaked Almonds



Tunisian Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Couscous



Currants



Greek-Style Yoghurt



Hands-on: 25-35 mins
Ready in: 40-50 mins

When we first tried this bright burst of goodness, we all agreed it had that "hug in a bowl" kind of feeling. There's wholesome chickpeas, courgette and carrot, plus a sublime, lightly spiced tomato sauce that soaks into the couscous. Enjoy!

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
courgette	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
carrot	½	1
chickpeas	1 tin	2 tins
mint	1 bunch	1 bunch
flaked almonds	1 packet	2 packets
Tunisian seasoning	1 sachet	2 sachets
crushed & sieved tomatoes	1 tin	2 tins
water* (for the sauce)	¼ cup	½ cup
vegetable stock powder	1 sachet	2 sachets
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	1 packet
currants	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (644Cal)	403kJ (96Cal)
Protein (g)	26.9g	4g
Fat, total (g)	18.1g	2.7g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	89g	13.3g
- sugars (g)	25.8g	3.9g
Sodium (mg)	1912mg	285mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Finely chop the **garlic**. Roughly chop the **courgette** and **baby spinach leaves**. Grate the **carrot** (see ingredients). Drain and rinse the **chickpeas**. Pick and thinly slice the **mint** leaves. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the couscous

While the stew is cooking, heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Cook the **carrot** and remaining **garlic** until softened, **2-3 minutes**. Add the **water (for the couscous)** and remaining **vegetable stock powder** and bring to the boil. Add the **couscous** and **currants**, then stir to combine. Cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



Start the stew

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chickpeas** and **courgette** until softened, **3-4 minutes**. Add the **Tunisian seasoning** (see ingredients) and 1/2 the **garlic** and cook until fragrant, **1 minute**.



Make the mint yoghurt

While the couscous is cooking, combine the **Greek-style yoghurt**, **mint** and a drizzle of **olive oil** in a small bowl. Season with **salt** and **pepper**.



Finish the stew

Add the **crushed & sieved tomatoes**, **water (for the sauce)** and 1/2 the **vegetable stock powder** to the chickpeas, then stir to combine. Simmer until the sauce has thickened slightly, **2-4 minutes**. Add the **baby spinach**, **butter** and **brown sugar**, then season with **salt** and **pepper**. Stir until the spinach has wilted, **1 minute**. Set aside.



Serve up

Divide the currant couscous between bowls and spoon over the North African chickpea and tomato stew. Top with the mint yoghurt and sprinkle over the toasted almonds.

Enjoy!